



BE-ginning Steps Physical Activity Contract

I (name) _____,
during the BE-ginning Steps program will meet each week's physical activity
goal. Each session of exercise will be brisk and last for a minimum of 10
minutes. If I successfully do this, I will treat myself to: _____

Printed Name: _____

Signed Name: _____

Date: _____

Planning Ahead - Prepare and do whatever you can ahead of time. Planning ahead helps to overcome the tendency to put off the activity when the time comes to actually do it. Place your walking shoes and socks in your doorway so that you will have to either trip over them or put them on to get in or out.